

# **CORNERSTONES OF QUALITY**

**DMR Education and Resource Development**  
**2004 Calendar and Directory**

# Welcome!

On behalf of the Education and Resource Development staff, welcome to the **2004 Calendar** and **Educational Directory**. In addition to DMR's **Specialty Educational Topics** and **Phase II Curricula**, we are excited to announce the inception of our **Cornerstone Series**.

**DMR Cornerstone Educational Series 2004:** The Cornerstone Series features targeted educational topics throughout the year. The topics have been selected based upon provider and stakeholder request and need identification. Prior to each specialty educational topic presented by the DMR Education and Resource Development team in the Cornerstones of Quality Series, there will be an accompanying **publication of resources** entitled ***The Spotlight!***

***The Spotlight*** resource guide will include, but not be limited to the following types of information:

- ✱ Article(s)
- ✱ Web sites
- ✱ Organizations
- ✱ Contacts & Connections
- ✱ Education and training opportunities

**Mentoring Services:** In addition to the fine educational and resource development opportunities available, we'd like to remind you of our Mentoring Services! Mentoring is an on-the-job educational process that provides opportunities for professional development, growth and support for both the mentor and the mentee involved. Our goal is to help build educational capacity within agencies in concert with assisting providers and stakeholders with the expansion and development of their local and regional educational resources. Please contact us for further information regarding mentoring services!

## **DMR Education & Resource Development Contacts:**

If we can be of assistance, please contact our staff! We look forward to working together as we partner with individuals and their families to build lives of dignity and hope in the community characterized by freedom, choice, authority, and support!

Melody Bates	<a href="mailto:Melody.Bates@ky.gov">Melody.Bates@ky.gov</a>	502-564-7702 X-4488
Beverly Collins	<a href="mailto:Beverly.Collins@ky.gov">Beverly.Collins@ky.gov</a>	502-564-7702 X-4578
Amy DiLorenzo	<a href="mailto:Amy.DiLorenzo@ky.gov">Amy.DiLorenzo@ky.gov</a>	502-564-7702 X-4546
Linda McAuliffe	<a href="mailto:Linda.McAuliffe@ky.gov">Linda.McAuliffe@ky.gov</a>	502-564-7702 X 4599

To register for any advertised

DMR educational event, please contact:

**Melody Bates at (502) 564-7702**  
[Melody.Bates@ky.gov](mailto:Melody.Bates@ky.gov)

# CORNERSTONE EDUCATIONAL SERIES

<b><i>BRAIN INJURY</i></b>	
March 25, 2004	Melbourne Heights Baptist Church Louisville, KY
April 29, 2004	KY Dam Village State Park Gilbertsville, KY
May 12, 2004	Division of Mental Retardation 100 Fairoaks Lane, 4 <sup>th</sup> Floor Large A & B Conference Room Frankfort, KY
June 24, 2004	Jenny Wiley State Park Prestonsburg, KY

<b><i>TRAINING OF TRAINERS (TOT)</i></b>	
April 6, 2004	Division of Mental Retardation 100 Fairoaks Lane, 4E-E Large A & B Conference Room Frankfort, KY
October 14, 2004	Division of Mental Retardation 100 Fairoaks Lane, 4E-E Large A & B Conference Room Frankfort, KY

<b><i>COMMUNITY INCLUSION</i></b>		
March 31, 2004	Linda McAuliffe	Building Inclusive Communities

<b><i>RIGHTS &amp; ADVOCACY</i></b>		
April 28, 2004	Linda McAuliffe	Rights & Advocacy

<b><i>SELF-DETERMINATION</i></b>		
May 18, 2004	Linda McAuliffe	The Promise of Freedom: Self-Determination

<b><i>HEALTHY AGING</i></b>		
June 30, 2004	Amy DiLorenzo	Snapshots of a Life Well Lived: Successful Aging for Individuals with Developmental Disabilities

<b><i>SUPPORTING GRIEF &amp; LOSS</i></b>		
July 29, 2004	Beverly Collins	The Soul Providers: Supporting Grief & Loss

<b><i>FAMILY SUPPORT</i></b>		
August 31, 2004	Amy DiLorenzo	Care for the Caregiver: Successfully Supporting Families

<b><i>POSITIVE BEHAVIOR SUPPORT CRISIS PREVENTION &amp; MANAGEMENT</i></b>		
September 30, 2004	Linda McAuliffe	Positive Behavior Support for <i>Everyone!</i>
October 28, 2004	Beverly Collins	Critical Crossroads: Mental Illness in Persons with Mental Retardation and Other Developmental Disabilities

<b><i>STRESS MANAGEMENT</i></b>		
December 2, 2004	Linda McAuliffe	Stress Management for the Holidays

## PHASE II EDUCATION

- Are you a current Phase II Trainer in need of a 'refresher' for new ideas & resources?
- Do you plan to become a Phase II Trainer?
- Would you like to be mentored by the DMR Education and Resource Development Staff?
- Do you need Phase II Training for the first time?

### **DMR Phase II is for YOU!**

We cordially invite you to attend Phase II Training led by DMR's Education and Resource Development Staff. Training is open to support providers, family members, and self advocates.

We also encourage Phase II Trainers (both old and new!) to utilize this session as an excellent opportunity for trainer development and a chance to expand your agency's resources!

<i><b>PHASE II TRAINING</b></i>		
Values, Issues & Resources	March 8, 2004	Division of Mental Retardation 100 Fair Oaks Lane, 4 <sup>th</sup> Floor Large A & B Conference Room Frankfort, KY
Person Centered Planning	March 9, 2004	Division of Mental Retardation 100 Fair Oaks Lane, 4 <sup>th</sup> Floor Large A & B Conference Room Frankfort, KY
Learning to Listen	March 16, 2004	Division of Mental Retardation 100 Fair Oaks Lane, 4 <sup>th</sup> Floor Large A & B Conference Room Frankfort, KY
Building Positive Relationships	March 17, 2004	Division of Mental Retardation 100 Fair Oaks Lane, 4 <sup>th</sup> Floor Small Conference Room Frankfort, KY
Working with Families	March 23, 2004	Division of Mental Retardation 100 Fair Oaks Lane, 4 <sup>th</sup> Floor Large A & B Conference Room Frankfort, KY
Health & Wellness	March 24, 2004	Division of Mental Retardation 100 Fair Oaks Lane, 4 <sup>th</sup> Floor Large A & B Conference Room Frankfort, KY

<b><i>PHASE II TRAINING</i></b>		
Values, Issues & Resources	September 8, 2004	Division of Mental Retardation 100 Fair Oaks Lane, 4 <sup>th</sup> Floor Large A & B Conference Room Frankfort, KY
Person Centered Planning	September 9, 2004	Division of Mental Retardation 100 Fair Oaks Lane, 4 <sup>th</sup> Floor Large A & B Conference Room Frankfort, KY
Learning to Listen	September 14, 2004	Division of Mental Retardation 100 Fair Oaks Lane, 4 <sup>th</sup> Floor Small Conference Room Frankfort, KY
Building Positive Relationships	September 15, 2004	Division of Mental Retardation 100 Fair Oaks Lane, 4 <sup>th</sup> Floor West Conference Room Frankfort, KY
Working with Families	September 22, 2004	Division of Mental Retardation 100 Fair Oaks Lane, 4 <sup>th</sup> Floor Large A & B Conference Room Frankfort, KY
Health & Wellness	September 23, 2004	Division of Mental Retardation 100 Fair Oaks Lane, 4 <sup>th</sup> Floor Large A & B Conference Room Frankfort, KY

# **DMR Education & Resource Development**

## **2004 Course Directory**

***Specialty educational topics will be available based upon the identified needs of stakeholders and availability of the DMR Education and Resource Development staff.***

***Educational events will be available in various regions of the Commonwealth throughout 2004.***

***If your agency or group is interested in hosting a regional event, please contact the lead staff for the specific educational topic at 502-564-7702.***

## **The Art and Science of Support Coordination: Levels I & II**

**Amy DiLorenzo**

- **Level I** is designed for new Support Coordinators (those with less than one year of experience), although all are welcome to attend. Level I prepares Support Coordinators for their key role in supporting the dreams of individuals with MR/DD and their families.
- **Level II** is designed for Support Coordinators who are seeking additional training to supplement their experience and enhance their professional skills. *Level I and Level II are each one-day events.*

*Continuing Education Credits: **The Art and Science of Support Coordination: Level I and II is pre-approved by the KY Board of Social Work and the KY Board of Nursing for 12 hours of continuing education units (6 CEUs for each level successfully completed).***

## **Smiling More, Sweating Less: Leadership Solutions for the Seriously Swamped!**

**Leadership and Organizational Excellence**  
**Beverly Collins**

Move your cheese, shake up your habits, and rejuvenate YOUR brainpower in this action-packed leadership development workshop!

Is happiness a serious problem at your workplace? Learn simple secrets of effective leadership and give YOUR staff, volunteers or students something to smile about! Join us as we explore leadership solutions for the “terminally swamped!” Guaranteed to help YOU sweat less while motivating others to achieve their personal best, improve quality of services/supports, and increase satisfaction & retention.

**Continuing Education Credits: Leadership & Organizational Excellence is pre-approved by the KY Board of Social Work and the KY Board of Nursing for 6 hours of continuing education units.**

## **Self Determination: The Promise of Freedom**

**Linda McAuliffe**

Explore the origins, foundation, tools, and future of Self-Determination. This one-day interactive overview has been developed for participants dedicated to assisting people to create the lives they want with supports they need. Self-Determination offers the opportunity for people with disabilities and their families to participate and make decisions about: their own lives, where and with whom they live, how they spend their time, and how financial resources are utilized—*all within the context of being active, participating members of society.* Self-Determination is NOT a “program.”

## **DMR Crisis Intervention/Crisis Management: From Crisis to Support!**

**Beverly Collins**

Join us on a wild ride through the brain! CICM has been used to decrease difficult cross-cultural and racial, ethnic and religious hostility and anger around the world. CICM explores the precipitating causes of challenging behavior, the neurology of fear and anger, the ABC's of brain pathways, and the psychology of “challenging” behavior. This powerful educational program is designed to reduce and prevent crisis and help YOU become a Professional Crisis Preventionist!



## **Understanding Abuse and Abuse Prevention**

### **Linda McAuliffe**

The disturbing reality of violence and abuse in the lives of people with disabilities is a complex issue. Physical, emotional, and sexual abuse of persons with disabilities occurs in all care giving settings. Abuse is an organizational problem that must be examined. This one-day workshop is designed to enlighten and empower providers of support and those who receive supports. Only through knowledge and understanding of its existence can we hope to end violence and abuse towards persons with disabilities.

## **Training of Trainers**

### **Beverly Collins, Amy DiLorenzo, and Linda McAuliffe**

Training of Trainers is a two-day skills educational program. This module does not address knowledge base of educational/training materials at length, nor conceptual, theoretical ideas. Rather, the design of the curriculum is intended to enhance, increase and develop the comfort and confidence level of those participants who will be responsible for training others or speaking in front of audiences.

## **Person Centered Planning: *Mechanics***

### **Amy DiLorenzo & Linda McAuliffe**

Now that you are doing person-centered planning, would you like to translate that dream to reality? Do you need to jump-start your planning team? Are you facing obstacles along the way? This is the training for you! Special highlights include: developing and providing community living supports; developing objectives and outcomes from the planning process; and troubleshooting barriers!

## **Person Centered Planning: *Toolbox***

### **Amy DiLorenzo & Linda McAuliffe**

This workshop is your opportunity to learn about the hottest techniques and the latest resources in person-centered planning. Participants will learn innovative approaches to planning, explore new resources, and learn how to determine which method is right for each team. Participants will utilize planning techniques during the workshop.

## **Rights & Advocacy**

### **Linda McAuliffe**

Individual Rights Training is designed for anyone interested in learning more about the rights of people with disabilities. This training looks at the history of the struggles that people with disabilities have faced in order to secure the rights that many of us may take for granted. While anyone is welcome to attend, this training is of particular importance to new staff members, human rights committee members, family members and people with disabilities.

## **Stress Management**

### **Linda McAuliffe**

This experiential training explores the physical, mental, and emotional impact of stress in our lives. Participants will develop plans to reduce stress in their own lives and the workplace. It's time to de-stress for success!

## **Quality In-service Initiative**

### **Linda McAuliffe**

This initiative offers training opportunities at flexible times and lengths to meet quality assurance and in-service training needs. Each topic can be presented in 2 to 3 hours, in one to two parts to meet the needs of all staff.

Topics include:

- Dignity and Respect
- Individualizing Supports
- Positive Behavior Supports for *Everyone!*
- Building Community Inclusion
- Abuse Prevention
- Stress Management
- Confidentiality and Communication
- Self-Determination Overview

## **The Soul Providers: Supporting Grief and Loss\***

### **Beverly Collins** (\*Available Summer 2004)

Are you a “soul provider?” Death, dying and loss affects everyone regardless of disability! Learn creative ways of assisting with the grieving process and explore the resources and alternative means to help us all become better “soul providers” and support systems. You'll gain a better understanding of the emotional, spiritual, socio-cultural and physical components of how grief for persons with disabilities manifests and how YOU can aid in the grieving and healing process.

## **Snapshots of a Life Well Lived: Successful Aging for Individuals with Developmental Disabilities\***

### **Amy DiLorenzo** (\*Available Summer 2004)

The purpose of this workshop is to try to de-fragment support opportunities and information sources for older people with developmental disabilities and their families, and for the agencies that support them, by providing a central point for the sharing of information.

- Characteristics of a life well lived
- Where to find help . . . caring for the caregiver
- What services are available and how to access them
- Financial and legal issues - wills, guardianship, powers of attorney
- Health and prevention issues
- Tips, Tricks . . . and Traps to Avoid!